

R430-90-20 and R430-50-20: ACTIVITIES

Purpose

This section provides rules and information about daily schedules and activities. It also provides requirements if off-site activities are offered.

General Information

Research in early brain development has demonstrated the importance of offering children repeated and varied activities in the first ten years of life. A stimulating environment that engages children in a variety of activities can improve the quality of their brain functioning. Scientists have learned that different regions of the cortex increase in size when they are exposed to stimulating conditions, and the longer the exposure, the more they grow. Children who do not receive appropriate nurturing or stimulation during developmental prime times are at heightened risk for developmental delays and impairments. *Rethinking the Brain*, by Rima Shore; *Ten Things Every Child Needs for the Best Start in Life*, the Robert T. McCormick Tribune Foundation; *How a Child's Brain Develops and What it Means for Child Care and Welfare Reform*, *Time*, February 3, 1997

The purpose of these rules is to ensure that providers have and carry out a plan for supporting children's healthy development, and they communicate this plan to parents. Reviews of children's performance after attending out-of-home child care indicate that children attending facilities with a well-developed plan of activities achieve appropriate levels of development. *CFOC*, 3rd Ed. pg. 50 Standard 2.1.1.2, pgs. 61-63 Standards 2.1.3.1-2.1.2.7, pgs. 63-64 Standards 2.1.4.1-2.1.4.4

Licensed Family 90-20:

- (1) The licensee shall develop a daily activity plan that offers activities to support each child's healthy physical, social-emotional, and cognitive-language development.
- (2) The licensee shall ensure that the toys and equipment needed to carry out the activity plan are accessible to children.

Residential Certificate 50-20:

- (1) The certificate holder shall offer daily activities to support each child's healthy physical, social-emotional, and cognitive-language development.
- (2) The certificate holder shall ensure that the toys and equipment necessary to carry out the activities are accessible to children.

Enforcement

Always Level 2 Noncompliance.

Licensing does not assess the content of the activity plan, just that there is a plan and it is being followed.

Licensed Family 90-20:

- (3) If off-site activities are offered:
 - (a) the licensee shall obtain parental consent for off-site activities in advance;

Residential Certificate 50-20:

- (3) If off-site activities are offered:
 - (a) the certificate holder shall obtain parental consent for off-site activities in advance;

Rationale / Explanation

The purpose of this rule is to protect both children and providers by ensuring that children are never taken off-site without parental permission. *CFOC, 3rd Ed. pg. 338 Standard 9.4.2.3*

Examples of possible harm when this happens include a child who has a health care need that is not met because his/her parent didn't know he/she was being taken on an off-site activity. (For example, if a child with an ear infection is taken swimming.)

Enforcement

Always Level 3 Noncompliance.

Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-90-21 or R430-50-21.

This rule means that parents must be informed of the days and times when children will be taken on off-site activities. If Licensees/Certificate Holders have a regularly repeating off-site activity, they may get parental permission once for all instances of that activity, provided the permission informs the parents of both the day and time when the activity will occur. For example, a provider may get a one-time permission to take the children on a neighborhood walk every Tuesday morning at 10 am or to take the children to swimming lessons every Wednesday afternoon at 4 pm.

Prior parental permission is not needed for spontaneous walking field trips when the children are away from the facility for no more than 60 minutes and are within ½ mile of the facility if a notice is posted that includes when the children left the home, the time children will return to the home, the final destination of the trip, and the route to and from that location.

Providers can have parents check a box for field trips on the admission form and then, before going on the field trip, they must get permission. The permission could be in form of email, conversation, text or written verbal consent. The provider must inform parents of the date, time and location of the off-site activity.

Licensed Family 90-20:

(3) If off-site activities are offered:

(b) a provider who meets all the caregiver requirements of this rule shall accompany the children and shall take a copy of each child's admission form as specified in Subsection R430-90-9(2)(a).

Residential Certificate 50-20:

(3) If off-site activities are offered:

(b) the certificate holder shall accompany the children and shall take a copy of each child's emergency contact information.

Rationale / Explanation

Injuries are more likely to occur when a child's surrounding or routine changes. Activities outside of the regular facility may pose increased risk for injury. When children are excited or busy playing in unfamiliar areas, they are more likely to forget safety rules. Emergency information is the key to obtaining needed care in emergency situations. Both caregivers and emergency personnel must have access to this information in an emergency. *CFOC, 3rd Ed. pgs. 287-288 Standard 6.5.1.1, pgs. 387-388 Standard 9.4.2.2*

Enforcement

Always Level 3 Noncompliance.

Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity or use transportation. If transportation is used,

there must be compliance with the transportation rules found in R430-90-21 or R430-50-21.

To be in compliance with this rule, caregivers only need to take a copy of each child's admission form, not his/her health assessment.

Caregivers must take a copy of the Admission Agreement with them when children are being taken off-site to and from school, including being walked to and from school.

Licensed Family 90-20, and Residential Certificate 50-20:

(3) If off-site activities are offered:

- (d) at least one provider present shall have a current Red Cross, American Heart Association, or equivalent first aid and infant and child CPR certification. Equivalent CPR certification must include hands-on testing. And**

Rationale / Explanation

To ensure the health and safety of children in a child care setting, including during off-site activities, someone who is qualified to respond to common life-threatening emergencies must be present at all times. The presence of such a qualified person can mitigate the consequences of injury and reduce the potential for death from life-threatening conditions. Having these emergency skills, and the confidence to use them, are critically important to the outcome of an emergency situation. *CFOC, 3rd Ed. pgs. 24-25 Standard 1.4.3.1, pgs. 287-288 Standard 6.5.1.1*

Enforcement

Level 2 Noncompliance for no CPR certification.

Level 3 Noncompliance for no first aid certification.

Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity, or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-90-21 or R430-50-21.

The person with a current first aid certification and the person with a current CPR certification do not have to be the same person.

[Refer to Section 10 Emergency Preparedness for more details on CPR course requirements.](#)

Licensed Family 90-20:

(3) If off-site activities are offered:

- (e) a provider shall ensure that there is a way for each provider, volunteer, and child to wash his or her hands as specified in R430-90-16(1) and (2). If there is no source of running water, providers, volunteers, and children may clean their hands with individual disposable wet wipes and hand sanitizer.**

Residential Certificate 50-20:

(3) If off-site activities are offered:

- (e) the certificate holder shall ensure that there is a way for each provider, volunteer, and child to wash his or her hands as specified in R430-50-16(1) and (2). If there is no source of running water, providers, volunteers, and children may clean their hands with individual disposable wet wipes and hand sanitizer.**

Rationale / Explanation

Handwashing is the most important way to reduce the spread of infection. Many studies have shown that unwashed or improperly washed hands are the primary carriers of infection. Deficiencies in handwashing have contributed to

many outbreaks of diarrhea among children and caregivers in child care programs. In programs that have implemented a handwashing training program, the incidents of diarrheal illness has decreased by 50%. One study also found that handwashing helped to reduce colds when frequent proper handwashing practices were incorporated into a child care program's curriculum. *CFOC, 3rd Ed. pgs. 110-111 Standard 3.2.2.1, pg. 114 Standard 3.2.3.1*

Washing hands after eating is especially important for children who eat with their hands to decrease the amount of saliva (which may contain organisms) on their hands. Good handwashing after playing in sandboxes will help prevent ingesting parasites that can be present in contaminated sand and soil. Animals, including pets, are a source of infection for people, and people may be a source of infection for animals. *CFOC, 3rd Ed. pgs. 100-111 Standard 3.2.2.1*

For more information on handwashing, see R430-90-16(1) and (2) or R430-50-16(1) and (2).

Enforcement

Level 2 Noncompliance if handwashing does not take place after a caregiver or child uses the toilet.

Level 3 Noncompliance otherwise.

Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-90-21 or R430-50-21.

Hand sanitizers may be used to be in compliance with the hand washing requirements for adults and children age 2 and older without visibly dirty hands.

Licensed Family 90-20, and Residential Certificate 50-20:

(4) If off-site swimming activities are offered, providers shall remain with the children during the activity, and lifeguards and pool personnel shall not count toward the provider to child ratio.

Rationale / Explanation

Constant vigilant supervision of children near any body of water is essential. Each year approximately 1,500 children under age 20 drown, many in swimming pools. In a comprehensive study of drowning and submersion incidents involving children under 5 years of age, the Consumer Product Safety Commission found that pool submersions involving children happen quickly. Seventy-seven percent of the victims had been missing from sight for 5 minutes or less and splashing often did not occur to alert anyone that the child was in trouble. Careful supervision is also needed to ensure that children do not engage in dangerous behavior around swimming pools. *CFOC, 3rd Ed. pgs. 68-69 Standards 2.2.0.4, 2.2.0.5*

Enforcement

Always Level 2 Noncompliance.